

1/4

Parameters of the program

Musis podac

d
sedvcd
v
sd
vcdv

Name
Jan

Surname
Kowalski

Friends call me:
Janek

< Back Next > Finish X Cancel

FIG. 1 A

Parameters of the program

Musis podac

d
sedvcd
v
sd
vcdv

Date of birth:
1971-01-06

Weight in kg:
60

Sex:
☐ Man
☒ Woman

Height in cm:
180

BMI:
[Redacted]

Other:
☐ Pregnancy
☐ Breast-feeding

< Back Next > Finish X Cancel

FIG. 1 B

BEST AVAILABLE COPY

2/4

Parameters of the program

EDZ DOBR
I NIE TŁO

Muscle condition (selected):
☒ sedentary
☐ intense
☐ very intense

predisposition

Lifestyle

- ☒ sedentary
- ☐ intense
- ☐ very intense

Predisposition to obesity

- ☐ I haven't predisposition
- ☒ I have predisposition
- ☐ I have big predispositions

< Back **Next >** Finish X Cancel

FIG. 1 C

Parameters of the program

EDZ DOBR
I NIE TŁO

Muscle condition (selected):
☒ sedentary
☐ intense
☐ very intense

I don't practice professional sports (selected)
☐ I practice fast-strength sports
☐ I practice endurance sports

Amount of training hours daily: _____

< Back Next > Finish X Cancel

FIG. 1 D

BEST AVAILABLE COPY

3/4

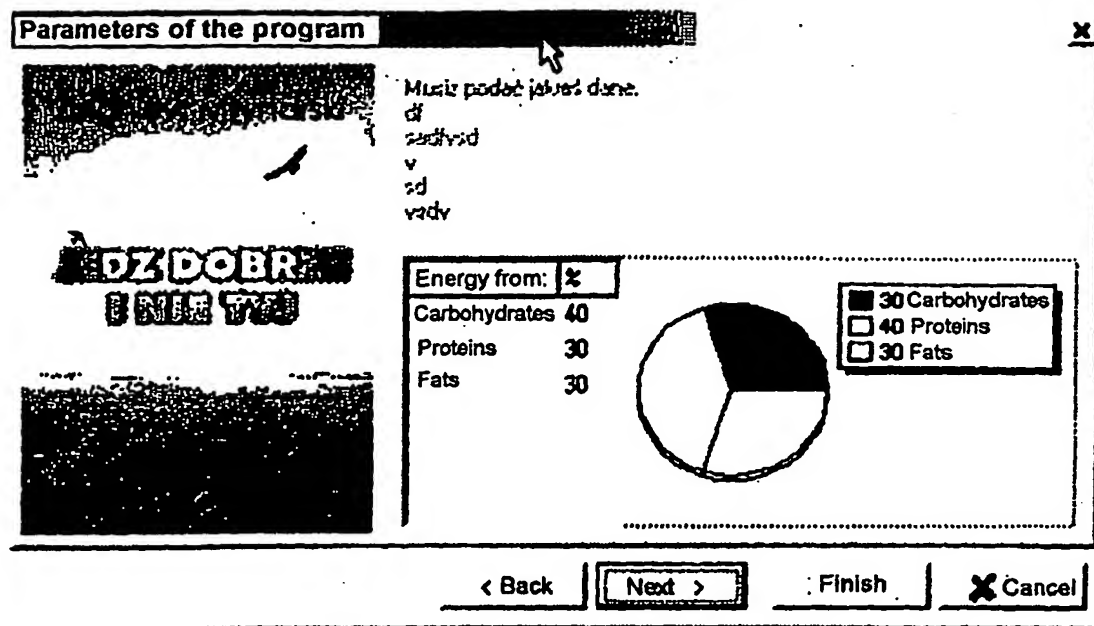


FIG. 1 E

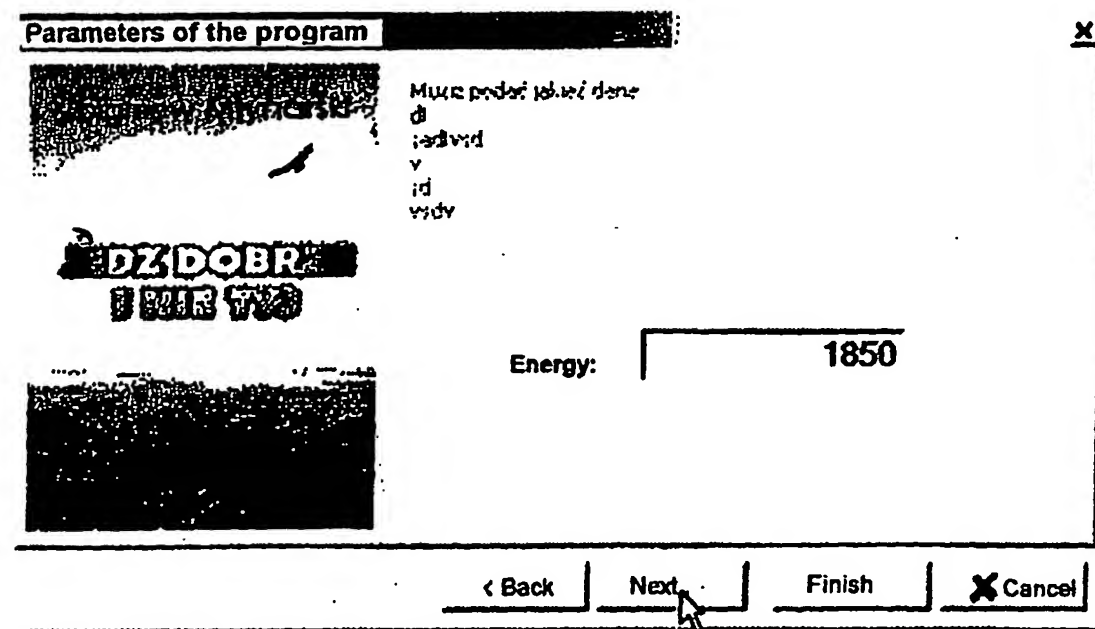


FIG. 1 F

BEST AVAILABLE COPY



FIG. 2